

Abstract

Title: The proposal of musculoskeletal program for beginners in fitness

Objectives: The goal is to differentiate their policies from which should be based on and should respect the schedule of sports training beginners in fitness. To characterize the fitness as a movement and as a separate sport. Focus on beginners, the diversity of levels of musculoskeletal disposition, respectively, on the process of the adoption of a beginner after the introductory training units including a vision for the future. On the basis of the chosen criteria for drawing up the plan to propose a musculoskeletal sports training program for beginners in fitness.

Methods: The work has exact character and is based on the literature search supported by information obtained by the method of observation. Its purpose is to collect and interpret information from available materials due to fitness, and then create a musculoskeletal program for a beginner.

Results: The result of the work is the design of a structured program for beginners to increase physical fitness. The individual items of the musculoskeletal program are justified and supplemented by specific exercises.

Key words: Fitness, bodybuilding, beginners, entrance diagnostic, musculoskeletal program